

THE MOUNTED RIFLEMAN

3d ARMORED CAVALRY REGIMENT

AUGUST 2009

AI-EE-YAH





With over 3,000 Soldiers, 3d Armored Cavalry Regiment dominates Battalion Avenue during their monthly regimental moral run. (Photo by Spc. Opal Vaughn, 14th Public Affairs Detachment)

FEATURES

4 73rd Colonel of the Regiment

Col. Reginald Allen

8 XVIII Command Sgt. Maj. of the Regiment

Command Sgt. Maj. Jonathan J. Hunt

10 What Goes UP Must Come Down

Familiarizing Engineers With Demolition Equipment

13 Remington Troop

Capt. Dawn E. Brooks

14 Tiger Squadron

Lt. Col. David Athey

15 Sabre Squadron

Lt. Col. Bryan Mullins

16 Herschel Walker Visits 3ACR

Herschel Walker Promotes Soldiers' Health and Welfare

18 Thunder Squadron

Lt. Col. Scott Gerber

19 Longknife Squadron

Lt. Col. Dale Watson

20 Muleskinner Squadron

Lt. Col. Timothy Luedecking

21 Family Readiness Groups Transition and Grow

Miss Amanda Rosner

22 Summer Safety Tips

Pete Higgins

24 Run For Your Life!

3ACR Soldiers Participate in Regimental Run

26 Soldiers Honored for Valor, Actions

3ACR Soldier Receives Silver Star

27 In Memoriam

In memory of Spc. Christopher Wainwright and Sgt. Steven Vaughn





3d Armored Cavalry Regiment

THE MOUNTED RIFLEMAN

Published by the
3d Armored
Cavalry Regiment

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The Mounted Rifleman is the official publication for the Troopers, Noncommissioned Officers, Officers, family members and friends of the 3d Armored Cavalry Regiment. Views expressed herein are those of the authors.

The Mounted Rifleman is the primary Command Information tool of the Regimental command leadership. Its mission is to foster esprit de corps, enhance morale and keep troopers informed throughout the Regiment.

ABOUT THIS ISSUE

As the first issue of the Mounted Rifleman is published since redeployment, our troops are deep into rest and prepare to train for future missions.

It's been over four months since we welcomed the new Regimental Commander, Col. Reginald Allen and the new Command Sergeant Major, Command Sgt. Maj. Johnathan Hunt, along with new Squadron Commanders and Command Sergeants Major.

The reintegration period has ended and hundreds of Soldiers and their Families have made permanent change of station moves as well as attended schools. It's truly been a time of transition for the Regiment.

This issue shows a glimpse of what Troops have been doing since redeployment. While the Regiment took well deserved time with family, the Troops have not missed a beat in training. You'll also read about one of the Regiments Silver Star recipients and other 3d ACR heroes.

- The Editor

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Visit the 3d ACR online for more news

To keep up with all the latest events in 3d ACR visit our webpage at www.hood.army.mil/3d_acr or join the 3d Armored Cavalry Regiment Facebook page.



73rd Colonel of the Regiment

RIFLE'S CORNER



TROOPERS, FAMILIES, CIVILIANS AND FRIENDS OF THE REGIMENT,

It is an honor and privilege to serve as the 73rd Colonel of the 3d Armored Cavalry Regiment. Ingrid and I could not be prouder of the Troops and the families of this fine Regiment.

3dACR is like no other unit in the United States Army. We are singular in our Army and hold the distinction of being the only true Armored Cavalry Regiment in the world. 3dACR has a history of achievements and a legacy of excellence with unique customs and traditions that have been passed down for over 163 years. I plan to continue that legacy of excellence by leading 3d ACR in a positive, highly motivated manner to foster a command climate which allows us to excel. In short, I believe 3d ACR will remain the best in everything we

do. We are the best brigade-level formation in the U.S. Army with the best squadrons, troops, companies and batteries – period. We will continue to be the best not by competing with anyone, but by meeting and exceeding the Army standards. To continue our great legacy and “win” we must focus on four things – our mission, troops, family and our fine tradition – The Regimental Big Four.

These big four are bounded by safety – so let me address this upfront. My goal is for this Regiment is to be the safest formation in the US Army. Every Soldier and Leader must look for and correct safety issues on the spot. Just as important is the active engaged leadership that is intrusive enough into our Soldiers lives as to be able to conduct accurate predictive analysis to identify issues before they become catastrophic events; this analysis used with risk management tools allow leaders to get out in front of

potential issues and mitigate them. Use intrusive questioning to do your predicative analysis and target high-risk and at-risk Soldiers and families with help to mitigate problems. One last point on safety in regards to motorcycles and privately owned vehicles:

Operating a vehicle safely has been challenging for many in the Regiment, especially motorcycle operations – I want to be very clear here – motorcycle accidents or failure to adhere to Corps/Regimental policy will not be tolerated – we will ride safely or not at all. The bottom line is that we can do all the best training in world and be fully prepared to do the nations bidding. However, if it is at the cost of a single life in garrison or training then it is not worth it because each life too precious, too important and too needed to be wasted in avoidable accidents. Remember all accidents are predictable and thus preventable. Now let me discuss some key

73rd Regimental Commander's Vision and Intent		
The 3d Regiment of United States Cavalry is the best in everything we do !!!		
The Best Brigade-level formation in the US Army with the best Squadrons, Troops, Companies and Batteries – Period		
MISSION TRAINING Effective Training at All Times Tasks, Conditions, Standards based Eight Step Training Model (use it) Training Meetings Conducted to Standard Individual Readiness Physical Training 5-days a week; Military Occupational Specialty Qualification (MOSQ); Physical, Mental, Spiritual, Small Arms experts, Chemical, Biological, Radiological & Nuclear Defense (CBRN), Lifesaving and Medical Skills Collective Readiness Lethal Platoons & TICB Teams – Move, Actions on contact, Reporting, Hit what they shoot at, mark, bypass obstacles Trained equipped Company Intel Support Teams (CoIST) Competent Battle Staffs Prepared for Full Spectrum Operations DEPLOYABILITY Maintain a Deployable Mindset Ensure Individual Deployability Health, Dental, legal & Immunizations Ensure Families are Prepared Develop & Support effective Family Readiness Groups and Rear Detachments (Rosters) Focus on Material Readiness (Everything Fully Mission Capable (FMC)) Maintenance & Property Accountability – Take ownership	Mission Families  Troopers Tradition	FAMILY FOCUSED Active Leadership is Essential Safety First in Everything (24/7) On & Off Duty Leader & buddy individual Accountability Predictability – Troopers & Families know what to expect long and short term (Family first policies) Maintain Balance High Risk trooper management Look as Good as You Are – PRIDE Leaders check barracks & QTRs (on & off post) Treat Everyone with Dignity & Respect Have Fun TROOPERS Regimental and Squadron NCO and Officer professional development Engaged leaders and Trooper at all levels Caring - Team players Enforce standards and discipline Bold Adaptive Leaders Constant Communication is Critical Professionalism & Selfless Service in all things Monthly, Detailed Written performance Counseling Include predictive analysis risk assessment & mitigation in everything TRADITION Know your proud Regimental history Hold yourselves to the highest standards Be proud of your service One Regimental Team of Teams Every member of the Regiment is a "Cavalry Trooper" Proudly carry the Blood and Steel of 163 years of honor bound tradition



III Corps and Fort Hood Commander, Lt. Gen. Rick Lynch presents Col. Reginald Allen, commander 3d Armored Cavalry Regiment with the Draper award for the Soldiers of the 3d Armored Cavalry Regiment in an award ceremony held at the Howtz theatre, July 1.

points on the following chart regarding the Regimental Big Four -- MISSION, TROOPS, FAMILIES and TRADITION: MISSION

Training - The hallmark of Cavalry Regiments is our ability to have the discipline and professionalism to conduct effective training at all times. This means understanding of the Task, Conditions, and Standards for all training – being outcome based. To execute, all of our training must be planned using the eight-step training model coordinated in T/C/B training meetings that are prepared, planned and executed to standard. The overall outcome of all our training is to produce competent, confident and lethal Soldiers and units that can move in and out of

contact with authority, execute effective actions of contact, report accurately and hit what you shoot at and mark and bypass obstacles as required.

Deployment Readiness – This Regiment has deployed to combat three times in the last six years and must be prepared to do so again. Every Trooper and Family in the Regiment must have a deployable mindset. What does that really mean – it means your personal affairs are in order – your families are strong, knowledgeable about what the Army, Fort Hood, and the Regiment Family Readiness Groups (FRGs) can do for them

Three and just as important is what they must do for themselves. Additionally, it means developing and

supporting effective FRGs with solid contact information (rosters); that Trooper profiles and our PT program are managed to get Troopers healthy or moved into the Warrior Transition Unit (WTU), Medical Evaluation Board (MEB), and/or MOS/Medical Retention Board (MMRB) processes as required. Finally its ensuring our equipment is ready – that everything we own is Fully Mission Capable (FMC) and that we fully account for all property as stewards of the nation's resources.

TROOPS

Leader Development – Leaders in the Regiment must be fully active and engaged – again what does that really mean? Engaged leaders

See RCO page 6

at every level know the fine details of their unit, their Troopers, and the Families in their care. (Leader Books) As an example, the platoon leadership in every platoon and small unit in the Regiment should personally call and visit the families of each Trooper in their organization. For single Trooper call the parents with the Troopers present and get to know them so that they feel free to call you and discuss any issues their Trooper may have. This is just one example of the kind of fully engaged leadership that I expect from leaders in this Regiment. Monthly, detailed one on one performance based counseling is another. Cavalry organizations operate in small units/groups/teams – in many cases independently, but our Troopers and leaders must be trained to operate in this manner - so counseling that is focused on improving performance helps to build the smart, bold, adaptive leaders that we have always had in the 3d ACR.

CARING – I want every Trooper and Family member to understand that we need you – and we need you to have the courage to seek help for any issue for which you need assistance, whether it is PTSD related, mental, physical, substance abuse, marital or other any issue. My rule is that there will be no stigma in this Regiment for seeking help, so “Be a BRAVE RIFLE!” and get the help you need. Just so we are clear, understand that discipline is also a part of

the Cavalry tradition and this Regiment is no exception – if you need help seek it out. Misconduct related to these issues will not be tolerated – so seek the help you need before it becomes an issue.

FAMILIES

The strength of the Army is the strength of the family. Our regimental families are a major part of why we are the best brigade level organization in the United States Army. I am grateful for our strong FRGs and leaders who work tirelessly to ensure we remain a “Family Friendly Regiment.” I look forward to seeing every Family member in the Regiment at our upcoming organizational/Family day and hope you use it as an opportunity to meet and bond with other Families of our great Regiment and our civilian neighborhood partners. I am a proud husband and father of two young children; Families are very important to me. If a Regimental family member is unable to resolve an issue through normal channels, or if you have a great idea to help make our Regimental

families stronger and would like to share it with me, please let me know by visiting the 3d ACR webpage at http://www.hood.army.mil/3d_acr/ and clicking on the Regimental crest to e-mail me directly. I also encourage you to become a member of the Regiment's Facebook page entitled “3d Armored Cavalry Regiment.”

TRADITION

HISTORY/PRIDE - As one of the oldest formations in the United States Army, the Brave Rifles have a wonderful tradition and legacy of excellence which we all are honor bound to live up to. I expect every trooper in the Regiment to hold themselves to the highest standards in all things and carry themselves with the pride of being a continuing part of a 163 year legacy. Be proud of your service to the Regiment, the Corps, the Army and our nation because I am truly proud of each of you – you are the true heroes of our country.

TEAM – No matter what your job is in this Regiment, no matter what unit you are in, or where you came from



- once you join the 3d United States Cavalry Regiment you are a Cavalry Trooper. We are a Regimental team of teams, and to function effectively and perform the mission the nation requires of us we need every Trooper to be a contributing part of the team. Each Trooper must know and feel that they matter, must know that we need them, must know that they have WORTH as an individual and as part of something larger than themselves – this Regimental combat team and this nation.

THE FUTURE (TIMELINE)

This Regiment as deployed many times over the last six years. Any reading of current events tells you that it is likely we will deploy again at some point in the future but the situation in Iraq and Afghanistan is fluid and continues to evolve. As soon as we have deployment orders, which is the only surety of a pending deployment we will get the word out. Until then the Regiment will continue to rebuild our war-fighting skills. Essentially, we are drawing all our combat equipment now which will continue over the

next two months. We will start training at the individual/crew level, then sections, then platoons, Troop, Company, and Batteries, Squadrons, and then at the Regimental level. This training will be conducted on Fort Hood in the training areas and are called Situational Training Exercises or STXs. These will continue through December of this year. After the holiday block leave period we will move into gunnery – firing all the weapon systems of the Regiment at multiple levels prior to our NTC rotation which is currently scheduled to run from about 8 April to 8 May 2010. In June and August of 2010 we will conduct make up training and specialty training prior to and after our five summer block leave period from 3 July to 31 July 2010. The slide below lays out the big picture training events over the next year as we know it today.

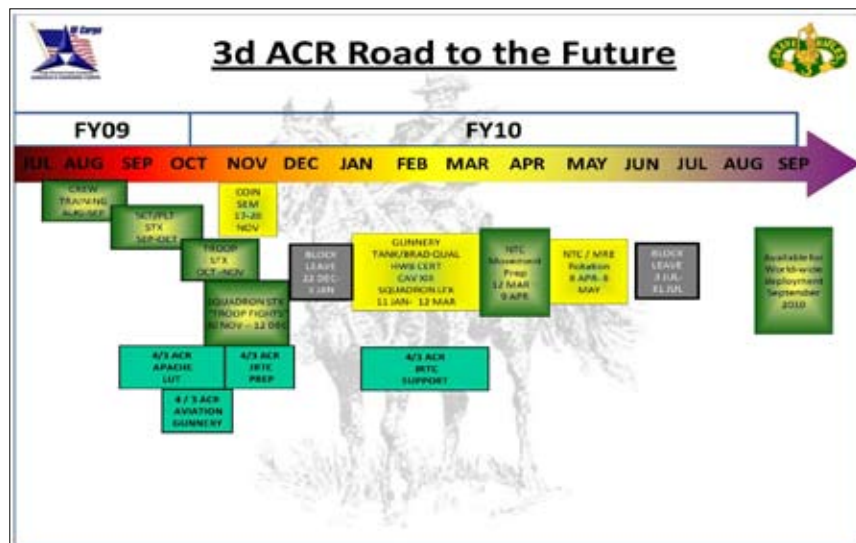
Finally, I want to thank the great Troopers of the Regiment for what you do. Your extraordinary efforts to reset the Regiment have not gone unnoticed, nor have your efforts supporting III Corps and

Fort Hood as the largest unit on post. Regimental Troopers are like no other in our Army, take pride in the special heritage that you are now a part of, you -- our Troopers serving in the Regiment today will write the next chapters of this Regiment's glorious history.

Wearing the 3d ACR patch on your shoulder marks you as a cut above the rest, part of an elite, one of a kind organization, others that see that "bug" patch "EXPECT" that you are a better trained, more disciplined, professional Trooper -- you should always conduct yourself with that in mind and act accordingly -- remember your Regiment! You carry the Blood and Steel of 163 years of honor bound tradition. Troopers must continue to remain focused -- Leaders must continue providing purpose, direction, and motivation to our Troopers. Remember, we are the Regiment of Mounted Riflemen! Veterans!

BRAVE RIFLES!

Reginald E. Allen
73rd Colonel of the
Regiment



XVIII Command Sgt. Maj. of the Regiment



I'd first like to address the Families of our Troopers. I want to personally thank you for the sacrifice you make every day. These are arduous times and without your unyielding support your troop could not do what they do every day.

The Regiment redeployed after 15 months of tough combat duty with the expectation of reintegrating with families and taking advantage of deserved down time. We're currently being faced with the task of rebuilding, rejuvenating, and reconstructing the Regiment. Every Squadron is being asked to take on additional duties and tasks while at the same time preparing for training. Troops – your hard work has not gone unnoticed. This is why I strongly encourage you to take advantage of as many summer MWR events as possible. You

and your Families deserve it. There are many inexpensive and often free opportunities to enjoy water parks, amusement parks, and other events. I strongly suggest every Soldier visit the Information Ticketing and Reservations office (ITR) here on Fort Hood to take advantage of the great offers this summer and fall.

Finally, I want to take this opportunity to personally and publically acknowledge a true hero. SPC James D. Ashley was recently awarded the Silver Star for valorous conduct on 12 November 2008 during our deployment to Iraq. His actions saved the lives of 12 Soldiers, and it was his heart, courage, and intestinal fortitude that allowed him to disregard his own injuries to save his fellow troops. His heroism and courage are an inspiration to me and an



example of a true American hero

Blood & Steel!

Jonathan J. Hunt
XVIII Regimental
Command Sergeant Major



Ingrid Allen, wife of the Regimental Commander, 3d Armored Cavalry Regiment hosts a Women's Empowerment meeting, Aug. 18. The meeting is to address concerns and strives to educate the female minority within the Regiment.

Soldiers gather to recognize women's empowerment

Story and photos by
Spc. Opal Vaughn
14th P.A.D

"How do you empower yourself?" Ingrid Allen, wife of the Regimental commander, 3d ACR asks. "I want to know what's on your mind ladies, but first, I need you all to take your name tape and rank off, everyone." Allen opens the floor for discussion; the topic, Women's Empowerment. The meeting, hosted by Allen, is being held to address concerns and strives to educate the females within the Regiment, Aug. 18.

"I want you all to feel comfortable and not worry

about any type of repercussion from what is said here," Allen says. Because of the sensitive nature of topics discussed, full names are not used in the meeting.

One Soldier stands, "I am a single parent," she says. With this, a slew of hands begin to shoot up. A big concern of Soldiers attending the meeting deals with child care. Civilian programs like the short term Family Care Plan is suggested resources available for Soldiers with childcare needs.

Other topics of discussion like retention and equal opportunity were brought up as well.

"Don't stop at your chain of command. We have a lot

of civilian resources that can help," Knight said addressing one Soldier's concerns. "You have to be the one to fight for it. If we want sexual harassment to stop, we have to fight for it."

One Soldier believes that knowledge is the key to self empowerment.

"The way to empower yourself is knowledge," Bell said. "Knowledge is power. We as young Soldiers need to learn how to educate ourselves. If you come to me and feed me a story the first thing I'm going to ask you is; what did you do to empower yourself? Help your chain of command, help you. That's how you empower yourself."

What goes up *must come down*

Story and photos by
Spc. Opal Vaughn
14th PAD

Thorough training is at the heart of every Soldier. When a Soldier enlists in the military, they are sent to Basic Combat Training. Afterward, Soldiers attend Advanced Individual Training to learn their individual Military Occupational Specialty.

Training does not stop there. Dressed in full battle gear in more than 100 degree

weather, 43d Combat Engineer Company, 2nd Squadron, 3d Armored Cavalry Regiment, train hard, which is why they are known as “Brave Rifles.”

None of the training is new for 43d CEC, 2/3ACR. So this training is just a way of re-familiarizing Soldiers with their demolition equipment. “We train in all kind of things,” Cpl. Nicholas Coughlin, combat engineer. “This training week is mainly for the new guys coming

fresh out of AIT. There’s no live mine training in AIT so we train hard when we get to our units.”

Coughlin continued, “We always stay proficient in our specific tasks. We are good at what we do and ensure we stay well trained at all times.”

Everything the Soldiers learn will prepare them for deployment.

“Everything the Soldiers are doing here they will see or use while in a deployed environment,” said 2nd Lt. Jesse Meyer, Platoon



43d Combat Engineer Company, 2nd Squadron, 3rd Armored Cavalry Regiment Soldiers prepare M21 and M15 demolition during a training exercise at a designated open field training site, Fort Hood, Texas.



43d Combat Engineer Company, 2nd Squadron, 3rd Armored Cavalry Regiment Soldiers huddle in a circle to learn about demolition safety during a training exercise at a designated open field training site, Fort Hood, Texas.

Leader. "Basic demolition, land mine training and Bangalore are the type of training Soldiers are familiarized with." Alcantar agrees that training in the field will help with transitioning to a combat field environment.

"I feel like the training we do here will prepare me for deployment," said Pvt. Victor Alcantar, combat engineer. "We've worked with M21 and M15, shape and crater charge, initiation systems and trained on door breaching."

One by one each Soldier carefully cut and taped their blocks of explosives as a seasoned NCO stood beside them to ensure they were doing it safely and correctly. Safety is very important in this job field with such sensitive equipment.

"Hearing, safe distance, handling of demolition in a safe manner, positive control of all blast caps, all personnel are secured under a bunker before and during blasts and proper uniform," said Sgt. 1st Class Willie Moore, Platoon Sergeant. Mistakes come from inexperienced Soldiers so it's important to have an NCO in this profession to keep eyes on every Soldier. In our case we do not have enough NCO's to support this type of operation so we rely heavily on specialists and corporals to fill NCO slots."

Site cleared, within five minutes a sound wave cracks through the air and sends a blast of fire shooting to the sky. With nothing left Soldiers hoop and holler in a cheer of praise for the work completed successfully.



43d Combat Engineer Company, 2nd Squadron, 3rd Armored Cavalry Regiment Soldiers attach demolition to a decommissioned truck during a training exercise at a designated open field training site, Fort Hood, Texas.



43d Combat Engineer Company, 2nd Squadron, 3rd Armored Cavalry Regiment Soldiers carry M21 and M15 demolition during a training exercise at a designated open field training site, Fort Hood, Texas.

Robots train Soldiers

Story and photos by
Spc. Opal Vaughn
14th PAD



A Soldier with Bandit Troop, 1st Squadron, 3d Armored Cavalry Regiment, works with a combat Autonomous Navigation System to navigate an unmanned high mobility multipurpose wheeled vehicle during a training exercise.

3d Armored Cavalry Soldiers at Fort Hood, Texas, are receiving innovative training intended to prepare Soldiers to react to any combat situation while deployed.

"Soldiers conduct security and reconnaissance patrols daily," stated Dan Rodgers, manager, General Dynamics Robotics Systems. "With our combat Autonomous Navigation System in place it allows Soldiers to do their jobs safely without being in harms way. All that means is that we took tactical vehicles and made them robotically manned rather than Soldier manned."

GDRS designs and builds ANS and takes this technology to teach and train Soldiers how operate manned and unmanned vehicles with enhanced capabilities, including greater situational awareness, survivability and combat effectiveness, Rodgers said. With ANS, Soldiers can exercise multiple levels of control over combat and logistics vehicles, from remote teleoperation to full autonomy.

ANS training is new to the Army, but is reaching a new generation of Soldiers on a level they can understand and relate too.

"Some of these 3d ACR Soldiers controlled the ANS within 20 minutes after instruction," Rodgers said. "They had a lot of pro's and con's for improvements and changes for ANS."

Rodgers said the benefit of GDRS is related to spiral development, guides war fighters and technology to guide Soldiers. This refers to remote surveillance and detection of hazards, obstacles, traffic and unauthorized activity reduce risk of accidents and keep Soldiers out of harm's way. New path planning and adaptable ANS technology also enhance day/night situational awareness, improves indirect driving, extends visibility across rough terrains, provides 360-degree views and advanced C2 capabilities improve communication and cooperation with other units – convoys, leaders and subordinates.

Robots training Soldiers may not seem like a new concept in military training, but unmanned vehicles monitored by Soldiers is a new technology the Army is working with and Soldiers are excited to learn.

"So far everything we've learned has been pretty cool," said Spc. First Priebe, Bandit Troop, 1st Squadron, 3d Armored Cavalry Regiment. "We've been training for a couple days now learning how to control unmanned vehicles to execute missions."

Spc. Robert Young, Bandit Troop, agrees that using robots in combat is a much more effective way of fighting to keep troops safer.

"These vehicles can be used for convoys, security and reconnaissance purposes," stated Young. "We can man the vehicles from a safe distance and send them out as lead vehicles to pin point and hit Improvised Explosive Device sites. By doing this it takes Soldiers out of danger and gives us a better chance of coming home to our families."

REMINGTON

HEADQUARTERS TROOP, 3d ARMORED CAVALRY REGIMENT



Letter and photos by
Capt. Dawn E. Brooks
Remington Commander

Welcome home Remington Troopers and the entire Remington family. After returning from our 15 month long deployment a little down time with family and friends is exactly what the doctor prescribed. Thirty days of well needed vacation time have come and gone and now we are down to business. As always, people are our most precious resource and I am proud to say thank you to everyone for your support that made it possible to transition back to everyday life. Now all of the Soldiers are getting back into the swing of things with physical fitness, inventories, ranges, motor cycle training, family readiness group meetings, promotion boards, and other various taskings; with so much on the table for the Troopers, it's "mission accomplishment" and all done in time for dinner, so thanks again.

Upon redeployment April 3, Remington not only bid a sad farewell to Col Michael A. Bills and Command Sergeant Maj. William J. Burns, but began a new chapter in the history books scribed by new leadership and new focus. Col. Reginald Allen, the 73rd Col of the Regiment, and Command Sgt. Maj. Jonathan J. Hunt, the 17th command sergeant major of the Regiment, are the newest members to the 3d ACR legacy. As the faces of the Regimental



Remington Troop waited in a line of change of command ceremonies before its very own change of command took place on May 1. Col. Reginald Allen, commander of the Regiment, passed the guidon from Capt. William Nance to Capt. Dawn E. Brooks and at the end passed it on to 1st Sgt. Zeniedo Gonzalez for safe keeping.

leadership have changed over the last few months so have our civilian support. During the deployment we were joined by Mr. Pete Higgins, our new safety officer. When Higgins joined the 3d ACR family he hit the ground running with events that may have taken the lives of some, but ultimately saved the lives of many more, by his tenacious and most expeditious looks on safety. The Regiment is now better off and we would like to thank him for assisting in bringing the Regiment home safely.

Dana Allison, the former FRSA, now succeeded by Amanda Rosener, is another new addition. Dominique Buelher,

FRG leader, and her husband decided to expand their family of two to a family of three with little baby Hayden. Dominique has now taken a back seat for motherhood and allowed Mrs. Brittney King serve as the new RHHT FRG Leader. These two ladies made things happen for families back home, keeping everyone informed and together as one team. They realized that not only is the Soldier important to win a war, but so are the families. The Army mission is always to fight and win wars, and without the support of families that would not be possible, so thank you so much for your support and continued service. Brave Rifles!



Letter by
Lt. Col. David Athey
Tiger Commander

Command Sgt. Maj. Charles Taylor and I are extremely proud to take over the reins of Tiger Squadron from an outstanding proven command team of Command Sgt. Maj. Hunt and Lt. Col. Thomas Dorame. We look forward to opening up a new chapter in the distinguished Tiger Squadron history. We are finishing our first 180 days since the Squadron redeployed from Iraq and I want to share Command Sgt. Maj. Taylor's and my focus as we reset Tiger Squadron and prepare for training this fall and winter as we get ready for our next deployment and mission in late 2010.

As we established the Squadron's focus, we asked one simple question that help establish our goals for resetting Tiger Squadron. What were we not able to do during a 15 month deployment?

First answer, we were away from families for 15 months! Our number one priority is taking care of our Army families – both immediate families (spouses and children), and our extended families, especially for our Single soldiers. We hold our time with families sacred. That is why we will ensure that Soldiers are able to sit down for dinner by 1800 during the week and Soldiers will be released for family time by 1500 on Thursday with no training on weekends. This will help maximize time with families and provide soldiers predictability and needed time to relax and reenergize after a long deployment. We want to optimize our care for families by offering family counseling, spousal/family retreats and encourage all to take advantage of a myriad of other services available on Fort Hood.

Our second focus is on Soldiers; we were not able to properly take care of Soldiers' needs while deployed. We will spotlight the proper departure of Soldiers (timely awards, eval. reports, etc.)

as well as quality reception of new soldiers and families. We will ensure that Soldiers get the medical and dental attention they require. Finance appointments and financial counseling will be made available. Giving Soldiers the time they need to take care of their personal requirements is critical.

Third, we will rebuild our systems necessary to operate in a garrison environment. These systems are items such as developmental counseling, range SOPs, arms room procedures, training room operations, awards processing, training management and Family Readiness Group establishment, just to name a few. Getting our systems up and running will enable us to transition to high levels of training with little or no distractions, as well as taking care of our soldiers and families.

Fourth is institutional training which includes the Officer and NCO Education System and schools, civilian education as well as courses offered on post. Soldiers, while deployed, are not capable of attending schools that support career progression. That is why we will continue to emphasize to our soldiers and leaders to get into school for professional development to better position themselves for promotions.

Fifth, we will focus on our equipment. This entails properly accounting for our equipment, maintaining our kit and identifying and getting rid of excess equipment. This will help us posture ourselves for training and our future deployment.

Our last focus is on training. To begin with, we will focus on individual training allowing us to maximize our time on our first two areas of focus. As we receive our equipment (mid to late July) we will begin to shift our training focus to the crew, section and platoon level.

As we go forward in the coming months CSM and I will begin to shift more of the Squadron's focus toward training and preparing ourselves for our future mission. However, taking care of families and soldiers will always remain our top priority.



Letter by
Lt. Col. Bryan Mullins
Sabre Commander

Troopers of Sabre Squadron and The Regiment of Mounted Riflemen, welcome back to Fort Hood and the base of Sisyphus's mountain. After three years of building, training, and employment, we find ourselves back at the starting line again. The new team is set, at least at the command level, and replacements are almost keeping pace with the departure of our veterans.

The specifics of our future mission is unclear, but we know that the Nation will call on us again to make policy reality on the ground in some inhospitable corner of the world and, as we have been for 163 years, we will be ready when the call comes.

Welcome to a host of new leaders and troopers! You are joining (or rejoining) a great organization. Command Sgt. Maj. Heinze arrived in April from 4th Infantry Division with a long and successful track record at Fort Hood, 4th ID, and two tours in Iraq as a platoon sergeant and first sergeant.

Sgt. Maj. Bellard joins us from the III Corps equal opportunity job, but with a solid background as the operations sergeant major of 4-7 CAV in Korea.

Maj. McCoy joins the Squadron fresh from the strategic level staff in Afghanistan with a sterling cavalry résumé from multiple units. New (ish) commanders are in position in Rattler, Fox and Heavy, but Capt. Cannon, Capt. Sterrett and Capt. Carlson are no strangers to the Regiment. First Sgt. Adcock and Harripersad have shifted offices if not missions, and we welcome 1st Sgt. Field from the dusty offices of the 4ID inspector general to the excitement of the best tank

company in the US Army. First Sgt. Santagate marks our latest senior leader acquisition, replacing 1st Sgt. LaRue in Sapper. The senior team is set, at least into the first few months of 2010.

Despite a lack of heavy equipment, I have been impressed with the amount and quality of training organized by your leadership. Besides wearing out the equipment at the Leader Reaction Course and an impressive demo week conducted by Sapper, Sabre continues to exploit the opportunities offered by such a large post.

Recently, Heavy Company conducted combined air insertion and land navigation training with Stetson Troop. In the early morning hours of June 26, 55 tank Soldiers boarded UH 60 aircraft and were dropped into Training Area 71 to conduct dismounted land navigation as members of crew teams. Despite the 100+ degree heat, all teams successfully completed the course with no mishaps.

In addition to dead reckoning and terrain association land navigation, the company conducted sustainment training on air mission and air load planning, pilot extraction, emergency shut down and aircraft exit, combat loading and exit of an aircraft and aerial navigation and LZ orientation upon final approach.

I am excited to rejoin the team and look forward to the coming months. We will continue to execute training, improve the performance of teams across the squadron and strive for excellence as our baseline standard. Don't let the little stuff get in the way of realizing what an awesome opportunity you have every day to live life to its fullest, you and serve the Nation to a higher purpose. A bad day in the Army is better than a good day in almost any other occupation.

Brave Rifles!



Herschel Walker, spokesman for the Freedom Care program, 1982 Heisman Trophy winner and Collegiate Football Hall of Fame awardee, talks with 3rd Armored Cavalry Regiment Soldiers about seeking help when needed, Fort Hood, Texas, July 17.

Herschel Walker promotes Soldiers' health and welfare

Story and photos by
Spc. Opal Vaughn
14th PAD

Herschel Walker, representing the Freedom Care program, 1982 Heisman Trophy winner and Collegiate Football Hall of Fame awardee, visited with 3rd Armored Cavalry Regiment Soldiers July 17, to urge them to seek help when they need it.

Herschel, as he prefers to be called, retired from the

National Football League in 1997. He was one of the top running backs in professional football, gaining more yards than anyone in professional football history, counting his season in both the NFL and USFL. He finished his professional career with a total of 8,225 yards and 61 rushing touchdowns. He also caught 512 passes for 4,859 yards and 21 scores.

Herschel has worked with numerous charitable and

educational organizations, especially since being diagnosed with dissociative identity disorder early in his NFL career. He is currently working with the Freedom Care program – a military focused mental health, chemical dependency and specialty care center designed to combat related trauma, addiction and dual-diagnosis problems.

“Mr. Walker has a disorder and approached our organization through another

source and we partnered with him to speak with service members,” said Stacie York, Director of Business Development, Military Liaison, University Behavioral Health, Denton. “Herschel’s a tough guy who can relate to the Soldiers so he’s the perfect person to be representing the Freedom Care program and it’s appropriate. Herschel also meets with high school students and not just service members.”

Spending two days with 3rd ACR Soldiers, Herschel talked with Soldiers about his disorder and getting help when they have a problem. “What you guys are doing here is incredible,” Herschel said to the Soldiers. “All I ever did is carried a football. But what you guys do, taking care of your buddies on a day to day basis, it takes more. So don’t defeat yourself before the game is over. Lift each other up and don’t ever let weakness bring a team down.”

The first day for Herschel consisted of a meet-and-greet with Soldiers and also took pictures and signed autographs for Soldiers after speaking with them about seeking help from a mental healthcare provider about combat related traumas and addiction. On the second day he also participated in physical fitness training with 3 ACR’s 1st Squadron, or the Tiger Squadron. But the main focus of Herschel’s visit as a Freedom Care program representative was to inform Soldiers of the importance of getting help.

There are many services available to active duty service members to include Military OneSource and the Rest and Resilience centers on post. UBH encourages service members to utilize those resources first since UBH is a last resource.

“There is no other program like ours,” said Susan Young, Chief Executive Officer, UBH,

Denton. “We work in sync with programs like Military One Source and the R & R center because our program is an in-patient care facility which should be used as a last resort. Most patients stay a minimum of four weeks and can be referred to stay even longer. Even though we focus mainly on active duty service members we also treat Veterans and their dependents – all free and confidential,” said Young.

“I have to say, though, it has been an honor and a privilege to help make a difference in these service members lives. I don’t think the general public would understand what is going on with their military spouses. That is where we come in. We let service members know that it doesn’t make you weak to seek help. We want service members to know that there is a future. It’s not going to be an easy road but there is a future.”

Contact the R & R center at 254-285-6881 for information.



Herschel Walker, spokesman for the Freedom Care program, 1982 Heisman Trophy winner and Collegiate Football Hall of Fame awardee, speaks with 3rd Armored Cavalry Regiment Soldiers about seeking help when needed, Fort Hood, Texas, July 17.

THUNDER

3RD SQUADRON

30 ARMORED CAVALRY REGIMENT

Letter and photos by
Lt. Col. Scott Gerber
Thunder Commander

Family, Friends, and Thunder Soldiers,

Since our return to Fort Hood, Thunder Squadron and its troopers have begun the long road of training toward maintaining our status as the premiere Armored Cavalry Squadron in the United States Army. We have successfully completed machine gun ranges, which include the M240 and .50 caliber machine guns, as well as the exciting live hand grenade range. The Squadron also had an impressive showing at the Regimental Birthday Bash culminating with Thunder Squadron receiving the coveted Regimental Sports Day Trophy.

With the Heat of Central Texas bearing down, Thunder Soldiers provided a stellar performance while qualifying the M240 and .50 caliber machine guns.

"I was squinting through sweat and covered in dust, while we (Thunder Squadron) put thousands of rounds down range," said Spc. Nathan Stopps, of Killer Troop, then sounding off, "Good Brave Rifles training."

Qualifying over 200 Soldiers, I consider this a mission success and look forward to the continued performance from these outstanding Thunder Soldiers. One of the most rewarding ranges a Trooper can participate in is the live hand grenade range. Before the live hand grenade range, Thunder Squadron Troopers had to successfully complete the challenging hand grenade assault course. Once complete, only a select group was allowed to throw live hand grenades. Spc. Nathan Mahle, of Killer Troop said, "It's kind of a rush once you hear the first one, after that you just want to go throw more and more." The Troopers and their Leader's dedication to this Squadron and its training led to the great success of the past and future ranges this Squadron conducts.

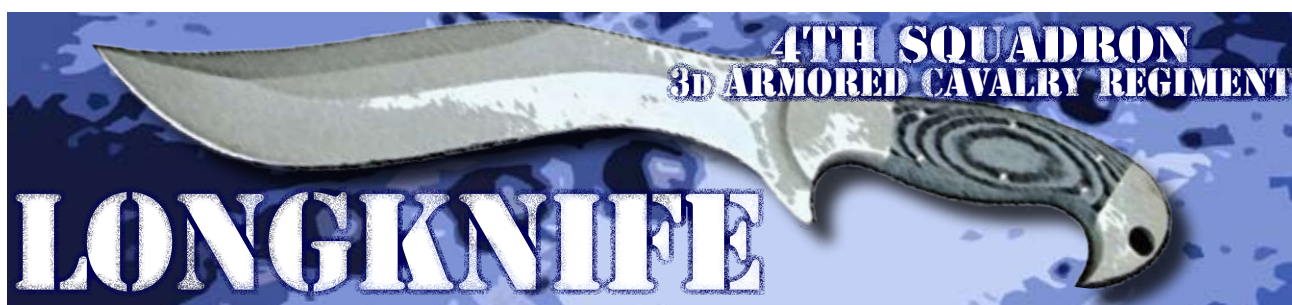


Spc. Fick, Regulator Battery armorer, prepares to test fire a Mk-19 Automatic 40mm Grenade Launcher during the Battery's Range Week on 23 June 2009.

On May 19th the squadron participated in the Regimental Bash, celebrating the Regiment's Birthday. With events demonstrating strength and skill like Tug-O-War, Tanker Bar Throw and Road Wheel Roll, how could the Squadron not win? The entire day was full of competition and a family-friendly atmosphere. At the end of the day, Thunder Squadron stood victorious as I accepted the Regimental Bash Trophy for the Squadron.

As we celebrate the Squadron's accomplishments let us not forget the Sacrifices our brothers before us have made. Throughout the year we have recognized Gold Star anniversaries. On July 14, we were visited by Mrs. Yisel Feliz-Nieves, the wife of our fallen comrade Spc. Jorge Feliz-Nieve. She was here to express her sincere thanks to members of his platoon for their life-saving efforts, and to accept his end of tour award, spur certificate inducting him in the Order of the Combat Spur and a Squadron Coin. The Squadron's senior leaders and Feliz-Nieve's close friends gathered to honor him and his great sacrifice for his country.

I'd like to take time to thank each and every family member for the love and support they provide their service member. It is only through your daily sacrifice that the Troopers are able to serve their country. Just as I know your thoughts are with us, our thoughts are also with you.



Letter by
Lt. Col. Dale Watson
Longknife Commander



Courtesy Photo

Stetson Troop, 4/3 ACR had the privilege of flying five (Black Dagger) airborne paratroopers from Special Forces Command out of Fort Bragg, lead by Staff Sgt. Vinaya, kicking off Freedom Fest 2009, held on July 4 at Fort Hood Stadium.

The UH-60L Black Hawk helicopter was piloted by Chief Warrant Officer 3 Jason Gunn and Capt. John Magnussen and ably assisted by crew chiefs Spc. Micah Popp and Spc. Glenn Grisham. Though it was 104 degrees that day, the paratroopers and Hawk pilots and crew chiefs were fully decked out in their long-sleeved Army Aviation Combat Uniforms (A2CU) and helmets or caps. One paratrooper even had a camera mounted to his helmet.

The flight started out at Hood Army Airfield and involved a few minutes of Nap-Of-the-Earth (NOE) flying to give the guests a short rollercoaster ride while showing them the sights of the Fort Hood area and getting them psyched up to jump out of a perfectly good aircraft. From there, the pilots started to gain altitude in a slow climb over the Fort Hood stadium.

Parachutists need to be at a very high altitude in order to have time to open their chute safely; therefore, the UH-60 flew up to 10,300 feet. The helicopter doors were open for the entire flight, and the brave parachutists let their legs dangle over the edge of helicopter as though it was no big deal, even at 10,000 ft where the wind was strong and the air much, much cooler than on the ground.

With the wind blowing so strongly, the paratroopers communicated with each other using hand signals. The first paratrooper jumped out and sailed right down to the stadium. He was able to use a microphone and introduced the other jumpers as they landed. The next four jumpers all left the aircraft at once, floating down with their own colored smoke (red, white, and blue).

The helicopter made a few more circles in the air above the stadium to make sure everyone landed safely and then headed back to the airfield. It was a great flight for everyone involved, and Stetson Troop was honored to be a part of Freedom Fest 2009.

MULESKINNER

SUPPORT SQUADRON

3D ARMORED CAVALRY REGIMENT

Article submitted by
Lt. Col. Timothy Luedeking
Muleskinner Commander



CPT Jason Hinds
(Maintenance Control
Officer) receives AAME from

On June 2, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, was honored at the 2009 Chief of Staff Army Combined Logistics Excellence Awards in Alexandria, VA for winning the Army Award for Maintenance Excellence. Maintenance Troop won the AAME in the MTOE Medium Category. Before being considered for this prestigious award, Maintenance Troop had to win at both the III Corps and FORSCOM levels. This was a phenomenal accomplishment as they competed while deployed to Mosul, Iraq, in support of OIF 07-09 and were selected as the winner among all Army Units competing for the 2008 AAME in the MTOE Medium category.

The CLEA was hosted by Lt. Gen. Mitchel Stevenson, Deputy Chief of Staff of the Army for logistics at the Hilton Alexandria Mark Center in Alexandria, VA. Units from across the Army were represented and present for this momentous occasion including members of units that are currently deployed. Soldiers from Maintenance Troop traveled to Virginia to receive the prestigious award. Winners were honored at a banquet and given a day long tour of the Pentagon and the National Mall.

The CLEA program recognizes excellence in the areas of deployment, maintenance and supply. The AAME program objectives are to improve and sustain unit maintenance readiness, assess the status of total unit maintenance readiness, improve efficiency, reduce waste, and recognize outstanding maintenance accomplishments and initiatives.

The CLEA brings attention to logisticians and recognizes the critical role they play in supporting the warfighter. Winning this award had a positive effect on the overall combat readiness of the 3d Armored Cavalry Regiment.

Maintenance Troop will now represent DA in the medium category at the Department of Defense level competition in Phoenix, Arizona.



Wives of 3ACR squadron commanders welcome Ingrid Allen, wife of the new regimental commander, Col. Reginald Allen, to the 3ACR family during a senior spouse welcome party.

Letter from
Amanda Rosner
FRG Leader

The Regiment has many events planned to boost training and awareness throughout the Family Readiness Group. Care Team training is available on post. There are also Food Safety Classes available for FRG leaders to attend. The 3d ACR is looking hosted a Town Hall per squadron in the past months as well as a Regimental Family Day at Belton Lake Outdoor Recreation Area, tentively scheduled for Sept. 26.

Remington Troop celebrated a family Organization Day April 24 at BLORA. The Soldiers and their families enjoyed great food and games while saying farewell to Cpt. William Nance. May 1, Cpt. Dawn Brooks became the new Commander of RHHT, working hand-in-hand with the new FRG leader, Brittany King, to increase participation in the FRG.

Tiger Squadron during the months of June and July primarily focused on rebuilding

the FRG teams. We have had a large turnover of people and are excited that so many new spouses are willing to become active participants in the FRG. The emphasis has been on training for FRG leaders, including the FRG leader's class and food handler's courses. At the Squadron level, newcomers' briefs are conducted every two weeks throughout the summer. Soldiers who bring their spouse will receive a three day pass for doing so. During the month of August, the Squadron hosted a "take your child to work day," giving kids the opportunity to PT with their Soldier parent. A squadron organizational day is also planned for the future.

Longknife Squadron has been focused on hails and farewells for both Soldiers and FRG volunteers. We are in a large transition time for the next 30 to 90 days and will be focused on filling vacancies throughout the FRG structure.

Sabre Squadron FRGs have been working hard over the past few months. From creating informative welcome packets and gifts to coordinating

ways to welcome new babies, our volunteers are always striving to make every new family a part of the team. The Squadron will be hosting "Tell Me a Story" night Sept. 14.

Thunder Squadron FRGs are off and running. Since the last Rifleman, we have welcomed new command teams into almost all the troops, companies and the battery and said farewell to some great volunteers. We now turn our attention to forming new FRG and new command teams. In addition to our initial Squadron Steering Committee meeting, all of the troops, companies and batteries held their initial meetings and we are looking for volunteers! Everyone needs to help with platoon points of contact and some units are still looking for volunteers to fill treasurer positions.

We are also looking to have some fun with our families. Aug. 21, we will have a Squadron Family Day. There will also be some sports and other entertainment. Remember, the FRGs is here to support you - the families who are a part of the Thunder Team. Thank you so much for all the support you give to your trooper. And check out the Squadron's Facebook page at <http://facebook.dj/thundersquadron/>.

Muleskinner's celebrated a Family Day at BLORA July 17, to recognize their families and honor the Regiment's return from OIF 07-09 180 days ago. Over 1400 Soldiers and their families celebrated the Regiment's return.

The 89th Chemical company and representatives from each Troop organized sports activities for the children and adults to relieve stress and enjoy a day at the lake.

SUMMER SAFETY

Letter by
Pete Higgins
Regimental Safety Officer

The warm Central Texas climate, along with the generally favorable conditions near Fort Hood allow people to enjoy longer periods of varied outdoor recreational activities. Many hazards, however, are still widespread during the Central Texas summer season and must be guarded against. This information is to assist not only the Soldiers in the Brave Rifles but applies to family members as well.

Heat Injuries are the number one cause of injury in the long hot summer here in Central Texas. These result from exposure to high temperature and high humidity for long periods of time. The three distinct types of heat injury are Heat Cramps (painful spasms of muscles in the arms, legs and abdomen), Heat Exhaustion (dizziness, profuse sweating, and nausea) and Heat Stroke (absence of sweating, unconsciousness, hot red dry skin). If Heat Exhaustion or Heat Stroke occurs it is a medical emergency. Seek aid for the victim immediately!

If you do not accustom yourself to heat by exposure, you should limit and slow activity during the day. Wear light colored loose fitting clothing to allow for perspiration to evaporate, cooling your body. Drink plenty of water, avoid caffeine, carbonated beverages and alcohol as they tend



to dehydrate you. Increase water intake if using over the counter medication, dietary supplements or any weight loss preparation. Eat lighter meals and consume more fruits and vegetables. **DO NOT LEAVE CHILDREN INSIDE CARS!** The temperature inside of a closed up vehicle can exceed 180 degrees in only a few minutes. Children left in such temperatures, for even a few minutes, can suffer fatal injuries.

Susceptibility to heat injury may be increased by illness, recent immunizations, sunburn, previous history of heat injury, use of alcohol and

obesity. Watch out for your friends and family when outside in the hottest part of the day.

Poisonous Insects and insect-like animals can bite, sting, cause blisters, spread disease and, in some cases, live on our bodies as parasites. Many, such as mosquitoes, chiggers (redbugs), ticks, lice and fleas can be controlled through the use of quality insect repellants. Forgetting to apply repellant can result in some painful consequences, so any time that you plan to go out into high grass or brushy areas be sure to apply some repellant.

Again, remember your little ones when you allow them to go out to play. Be sure to read the label on your repellent to be sure it is safe for children. Other insects such as spiders, scorpions, wasps, yellow jackets and hornets can be disposed of with the careful application of insecticide, just remember to read the application instructions on the label.

If you encounter a large number of honey bees DO NOT handle them yourself. Contact family housing or a local exterminator as Texas does have populations of Africanized honey bees, which can be very dangerous.

Snakes and lizards – just as while we were in Iraq, if you see them, leave them alone! Many are poisonous, so leave the handling of them to experts. Most will depart the area on their own; however, if they do not, then contact the Family Housing Service order desk if you live on post. Otherwise contact a local exterminator or animal control officer. Central Texas and Fort Hood is home to a wide variety of wild animals. It is not uncommon to see bats, raccoons, opossums, skunks, foxes, bobcats, coyotes and even the occasional mountain lion. If you see one of these animals it is safest to consider them as a carrier of rabies and to avoid any and all physical contact. If you or a family member are bitten contact medical authorities immediately for aid then contact the military or local police concerning where you came into contact with them.

Another common sight in the local area is “free range” cattle. It is best to stay away from them as even a gentle nudge from a 2000 pound steer can cause you or your vehicle severe damage. One other tip about the free range

cattle on Fort Hood, do not sound your horn at them to scare them away as this is how many of the local ranchers call the cattle for feed supplements! Instead of fleeing the sound of the horn, they may run up to your vehicle thinking they are getting a treat!

The central Texas climate is favorable for varied recreational water related activities. The numerous nearby lakes and streams provide for such activities as boating, swimming, water skiing, fishing and other pursuits. Before operating a boat for the first time take the time to take a boating safety class such as what is offered at the Belton Lake Outdoor Recreation Area or online with the state of Texas at: <http://www.boat-ed.com/tx>.

When boating, Water skiing or riding a “Jet Ski” learn the local hazard areas and stay clear of areas such as stump fields, rock shoals and shallow water. Swim only in designated areas which have been approved, are supervised and are free from dangerous contamination and underwater obstructions. When planning a fishing trip, choose proper and adequate clothing for protection. Good fishermen always carry a

first aid kit, drinking water, insect repellent as well as sunglasses for comfort and eye protection.

Summer driving in Central Texas has its share of hazards as well: high temperatures, fog, dust, bright sunlight, sudden downpours of rain, high winds and other drivers. Plan your trip, take your time and slow down to ensure you arrive alive.

While driving, you may encounter one of the many “Low Water Crossings” in the local area. During sudden rains water can and often does flow over these. If water is flowing over a crossing DO NOT ATTEMPT TO DRIVE ACROSS! Doing so is extremely hazardous as you do not know the condition of the road surface, actual depth of the water or the force behind it! Many drivers have been killed while attempting to cross shallow water. FIND ANOTHER ROUTE!

Weather conditions in central Texas can and often do change at a moment's notice. Many local communities to include Fort Hood have tornado warning sirens or another alert system. Know and understand the local warning system, take cover when necessary!



RUN ^{to the} HILLS

Photos by
Spc. Opal Vaughn
14th PAD



Col. Reginald Allen, 3d Armored Cavalry Regiment regimental commander, Command Sgt. Maj. Jonathan Hunt, 3d Arm. Cav. Regt. regimental command sergeant major, and 3d Arm. Cav. Regt. Soldiers prepare for and partake in a morale building, regimental run July 2.





Story and photos by
Spc. Opal Vaughn
14th PAD

Fort Hood and III Corps Commander, Lt. Gen. Rick Lynch, presented the Silver Star, Soldier's Medal and Draper Award to Soldiers of 3rd Armored Cavalry Regiment, in a ceremony held at Howze Theater, July 1.

Spc. James Ashley, 1st Platoon, Killer Troop, 3rd Squadron, 3d ACR, was presented with the Silver Star Award.

Ashley displayed exceptionally valorous conduct while performing his duties as a dismounted squad member during movement to a traffic circle inside Mosul, Iraq in November, 2008. While at the compound, an Iraqi Army Soldier walked out of a nearby room and began firing an AK-47 assault weapon at the Soldiers who were pulling security in the courtyard. Showing unfathomed courage and bravery, Ashley pushed one of his fellow battle buddies out of the line of fire before getting shot.

"I had a lot of adrenaline rushing throughout my body," Ashley stated. "So at first I didn't realize I was injured, but apparently I was covered in blood from head to toe. Everyone kept telling me to get in the truck, but I kept telling them I felt okay. I guess because my natural instinct had taken over I didn't think about it."

"Time seemed to have slowed down, yet it flashed by at the same time," Ashley continued. "Even after everything was over I was still confused about what had just happened. I started questioning myself. I just hope that if I were in the same situation someone would do the same for me."

Ashleys' brave acts of heroism saved the lives of 12 U.S. Soldiers. His actions demonstrate the highest qualities of Cavalry excellence and reflect distinct credit upon himself, Thunder Squadron, the Regiment of Mounted Riflemen and the United States Army.

Sgt. Jeffrey Boothe and Spc. Carl Shealy, both with Eagle Troop, Mortar Platoon, 3d ACR, were presented with the Silver Star Award.

Boothe distinguished himself by attempting to save the life of Sgt. 1st Class Wilson with the assistance of Shealy, Nov. 21, 2008.

Shealy distinguished himself with heroism by demonstrating exceptional performance while saving the life of Staff Sgt. McGuire and attempting to save the life of Sgt. 1st Class Wilson on Nov. 21, 2008.

Wilson, McGuire and Boothe conducted a dismounted patrol along the river bank looking for crossing points to the island and enemy caches. They found a crossing point partially submerged, which led to the island and after crossing approximately 75 percent of the way, the cross point dropped off.

McGuire began to struggle resulting in Wilson jumping in the water further to assist McGuire. Wilson was able to push McGuire to a safer position as Shealy and Boothe assisted in pulling him up onto the rock ledge. Boothe immediately moved back into the water to assist Wilson. Seeing the struggle, Shealy ran to provide further aid in any way possible. Though Shealy and Boothe made every effort possible to save Wilson, they were unable to recover him.

Their heroism is a prime example of leadership and bravery under stressful conditions which resulted in the recovery of McGuire as well as no further losses of life. Their actions are in keeping with the finest traditions of military service and reflect distinct credit upon themselves, their command and the U.S. Army.

"I always say the best piece of furniture you could ever have in your house is a mirror," Lynch stated with a smile. "Because when you look into it and your reflection looks back at you; you stand there as a testament to success. I applaud these Soldiers being awarded, and I appreciate all that they do."

Lt. Gen. Lynch also presented 3d ACR with the Draper Award for meeting retention goals above the standard.

In Memoriam



Sgt. Steven B. Vaughn
Born February 24,
1984, Jacksonville, FL
Died July 12, 2009, Killeen, TX
Sgt. Vaughn is survived
by his wife, Constance, of
Killeen, Texas, mother Kelly
Vaughn, father Timothy Sams
and brother Brandon Henley
of Jacksonville, Florida.



Spc. Christopher M. Wainwright
Born July 4, 1982, Longbeach, CA
Died June 23, 2009, Killeen, TX
Spc. Wainwright is survived
by his wife, Tallia, and one
year old son, Christopher, who
reside in Copperas Cove, Texas.

Psalm 23

THE LORD IS MY SHEPHERD; I
SHALL NOT WANT.

HE MAKETH ME LIE DOWN IN
GREEN PASTURES:

HE LEADETH ME BESIDE STILL
WATERS.

HE RESTORETH MY SOUL:

HE LEADETH ME IN THE PATHS
OF RITEOUSNESS FOR HIS
NAME'S SAKE.

YEA, THOUGH I WALK
THROUGH THE VALLEY OF THE
SHADOW OF DEATH,

I WILL FEAR NO EVIL:

FOR THOU ART WITH ME;

THY ROD AND THY STAFF,
THEY COMFORT ME.

THOU PREPAREST A TABLE
BEFORE ME IN THE PRESENCE OF
MINE ENEMIES;

THOU ANNOINTEST MY HEAD
WITH OIL;

MY CUP RUNNETH OVER.

SURELY GOODNESS AND MERCY
SHALL FOLLOW ME ALL THE
DAYS OF MY LIFE,

AND I WILL DWELL IN THE
HOUSE OF THE LORD FOREVER.

A faded, artistic illustration of a cowboy on a horse, holding a long rifle, with a woman in the foreground. The cowboy is wearing a hat and a dark jacket, and the horse is dark-colored. The woman is in the foreground, looking towards the cowboy. The background is a light, hazy blue.

“BRAVE RIFLES!
VETERANS! YOU HAVE
BEEN BAPTIZED IN FIRE
AND BLOOD AND HAVE
COME OUT STEEL!”